

THE ALMA RECORD

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OFFICIAL PAPER OF THE CITY OF ALMA, MICHIGAN

THE CIGARETTE MENACE

The habit of cigarette smoking is becoming so common that many people accept it as a matter of course, give it no serious thought, and make no effort to ascertain its injurious effect. To make the statement that cigarette smoking is as great a menace to America as the liquor traffic ever was would, upon first thought be considered extreme and by many would be ridiculed as the foolish talk of a hairbrained reformer. However, a careful unprejudiced investigation of the facts reveals some very startling things, which demand our very serious consideration because they vitally concern the general welfare of the nation. Anything which has a tendency to lower our intelligence, stultify our development, endanger our health, and corrupt our morals, must be recognized as a menace, no matter how pleasing or gratifying it may be to the individual. Opium and alcohol once held as honored a place as the cigarette does now, but when it became apparent that they endangered the general welfare and threatened the very vitals of the Republic, they were outlawed.

This article is not a sentimental discussion of the cigarette question because the writer is prejudiced against it. It is intended to discuss the matter from a purely scientific and business standpoint, having in mind the welfare of our country, and the need of strong men and women in the years to come. Modern athletics has taught us beyond the shadow of a doubt that the cigarette user is handicapped. No coach who hopes to win will tolerate cigarettes. A man training for a prize fight, a race, or any other great feat of strength or skill, abstains because of the evil effects of tobacco upon the heart, nerves and muscles. The recent scourge of the flu, taught us that the cigarette user stood small chance of combat the disease successfully, while the abstainer from the use of tobacco stood a much less chance of having pneumonia and made a quicker recovery.

The laws of Michigan require us to teach in our schools, physiology and hygiene, with regard to the evil effects of alcohol and narcotics. The writer selected four text books at random, all used in the public schools of Alma and Gratiot county and the following excerpts from them are reprinted in this article for your careful consideration. If these things are true, we should heed the warning and join in an effort to abate what is apparently a very grave menace, physically, morally and economically. If they are not true we should take steps to have them cut out of the textbooks and quit teaching a lie. We should be consistent and be guided by common sense backed up by scientific knowledge, and not by craven appetite, silly sentiment, or attractive advertisements for revenue only. The fate of America is in the hands of the boys and girls of today who will be the men and women of tomorrow. Our responsibility is plain.

The Primer of Physiology, by John W. Ritchie, used in the rural schools says, "The nicotine that is in tobacco is a narcotic, and it is so strong that a few drops of it introduced into the mouth would paralyze the nervous system and stop the beating of the heart. Tobacco seems to have an especially evil effect upon the process of growth, for without doubt it is most injurious to the young. Two guinea pigs that were made to inhale tobacco smoke from the fourth day after birth, on the 44th day weighed 174 and 169 grams respectively, instead of 330 grams, which is the normal weight of guinea pigs of that age. One of them died on the 44th day, and the other was not subjected to further inhalation. At the end of the third month this animal weighed only 255 grams. The normal weight at that age is 485 grams, so the animal was stunted and far below size. So generally it is known that cigarette smoking interferes with the process of growth and stunts the young that most states have laws forbidding the sale of cigarettes to boys, below a certain age.

The Supt. of the Reform school of Westboro, Mass., says, "All boys sent here have been users of tobacco." The chief probation officer of the Juvenile court of Washington, D. C., says, "In dealing with more than 16,000 delinquent children of this city during the past eight years, I find as a rule that the user of cigarettes is a stunt, a weakling in body, mind, and morals." In Chicago, of 2402 cigarette smokers in the grades below the high school, only 6 per cent were doing their work well enough to pass."

Blaisdell's Practical Physiology says, "The nicotine of tobacco acts through the nerves that control the heart action."

It is stated that one in every four users is subject to tobacco heart. Test examinations of a large number of lads who have used cigarettes showed that only a small per cent escape heart trouble. Frequently the respiration is seriously disturbed, thus the blood is imperfectly aerated and so in turn the nutrition of the entire system is impaired. The cigarette is the medium through which these direful results frequently invade the system, and the easily molded condition of youth readily yields to the destructive snare. That the use of tobacco produces a pernicious effect upon the nervous system is obvious from the indignant protests of the entire body when it is first used. It is poisonous character is amply shown by the distressing prostration and pallor. The free use of tobacco by young people dulls the acuteness of the moral senses, often leads to the prevarication and deceit in the indulgence and is apt to draw one down to bad associates."

Physiology and Hygiene by Prof. Francis M. Walters says, "The use of tobacco by the young is especially to be deplored. In addition to the harmful effects observed in those of mature years, nicotine interferes with the normal development of the body and lays, in many instances, the foundation for physical and mental weakness in latter life. The cigarette is decidedly harmful, especially when inhalation is practiced, its deadening effects being in part due to the wrappers some of which have been shown to contain arsenic and other poisonous drugs. While dulling the intellect and weakening the body, cigarette smoking also tends to make criminal of boys."

Jessie F. Williams, M. D. Prof. of Physical Education, Teachers' College, Columbia University and Lieut. in Medical Corps in U. S. Army, in his book entitled "Healthful Living," published in 1919, says, "Physicians who have made a special study of the subject, claim that one out of every four tobacco users has the tobacco heart. It prevents success in athletic contests and feats of strength. It prevents a large proportion of the young men who apply for enlistment, from entering the army. Observant teachers can often tell which of the boys in school are addicted to the use of tobacco from the comparative inferiority of their appearance and from their indolence of body and mind. The hot smoke irritates and dries the mucous membrane of the mouth and throat, producing an unnatural thirst that may readily lead to the use of alcoholic drinks. Inhaling the poisonous smoke, which occurs to the greatest degree in cigarette smoking inflames the delicate mucous lining of the bronchial tubes and air cells."

"The youth who looks forward to physical efficiency as well as mental efficiency as important factors in doing a work and achieving a place in the world, will leave tobacco alone. The growing boy suffers the most of all from the use of tobacco. His growth is interfered with, his heart is injured and his stomach disturbed."

These are only a few of the quotations which might be given from school text books. Time and space forbid the use of more in this article. Every text book used in the State of Michigan or the nation takes the same attitude. If these things are true, parents and teachers have a tremendous responsibility which cannot be evaded. It is a matter for careful investigation by thoughtful people who should obtain the facts, and act in the best interests of the men and women who are to succeed us and solve bigger problems than we have had in the preservation of American ideals and institutions.

SCRIPTURE

Proverbs 16:16-22.

How much better is it to get wisdom than gold and to get understanding is rather to be chosen than silver. And the highway of the upright is to depart from evil; he that keepeth his way preserveth his soul. And pride goeth before destruction, and an haughty spirit before a fall. Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud.

He that handleth a matter wisely shall find good; and whose trusteth in the Lord happy is he. The wise in heart shall be called prudent; and the sweetness of the lips increaseth learning. Understanding is a wellspring of life unto him that hath it; but the instruction of fools is folly.

REPUBLICAN CONVENTION

The Republican Congressional committee of the 8th District directs that a District convention be held in the city of Ionia on Friday, April 16, 1920.

The meeting will be held in the Armory at 1:00 p. m. for the purpose of electing two delegates and two alternate delegates to attend the Republican National convention called to convene at 11 o'clock on Tuesday, June 8, 1920, in the city of Chicago, Ill., and to transact such other business as might legally come before said convention. Voters of the counties of Ionia, Montcalm, Shawansee, Gratiot, Clinton, and Saginaw please take notice.

Saginaw, Mich., January 29, 1920. E. W. Camp, Secretary. E. N. Brady, chairman.

OBITUARY

Lottie Leonard Oliver was born in Clare County, Michigan, May 11, 1895. At the age of five years she moved with her parents to Gratiot county, near Alma, where she resided until her marriage, at the age of twenty-one to Charles Leo Oliver. To this union were born two children. Her death occurred at her home in Alma at 109 Linden St., on February 3, 1920. She leaves to sorrow for her death, a faithful and loving husband and two children, Ross Anna E., three years old, and Charles LeRoy, one year old, her parents, Solomon and Ellie Leonard and one brother, Edward Leonard, besides a host of friends. The funeral was held, February 5 at the Salvation Army headquarters, Capt. Dula of St. Johns officiating, and interment was made at Coe, Mich., near her childhood home. A precious one from us has gone. A voice we loved is stilled. A place is vacant in our home which never can be filled. God in his wisdom has recalled. The boon his love has given, And though the body slumbers here The soul is safe in heaven.

OBITUARY

Sarah Elizabeth Heintzelman was born in Kent county June 28, 1871. She was united in marriage to Alexander E. Miller August 6, 1891. To this union two children were born, Edward A., and Gladys E. She departed this life January 31, 1920, aged 48 years, 7 months and 3 days. She leaves her husband, two children, four sisters, four brothers and a host of relatives and friends. Funeral services were held at the home Monday afternoon at 2:00 p. m., Rev. J. Frank Jackson officiating. Interment in Seville Center cemetery.

WEATHER SUMMARY

The following weather summary for January is reported by P. M. Smith, local observer: Mean maximum temperature 22 degrees, mean minimum, 2 degrees. The maximum was 34 degrees on the 7, 13 and 27. The minimum for the month was 21 degrees below zero on the 25. The total precipitation for the month was 2.13 inches, the greatest in twenty-four hours being .58 on the 23. There were thirteen clear days during the month, twelve partly cloudy and six cloudy days.

Lightning Stole Lunch.

Lightning frequently acts the robber with foodstuffs, and some extraordinary happenings have been recorded from time to time. On one occasion a party of tourists were preparing dinner when suddenly and without warning a storm arose, followed immediately by vivid flashes of lightning. A few seconds later not a trace of food prepared meant was to be seen. The dishes were strewn on the ground, but all the bread, cheese and fruit had vanished while the household contents were covered from head to foot with snow.

Averse to Borrowing Trouble.

Jimmy has been rather unfortunate lately in the way of minor accidents and his mother has grown quite cautious about his taking chances. One day he came in and wanted to ride his bicycle down to his aunt's house. His mother hesitated before consenting to his request, and Jimmy cut in with the comforting assurance, "May be there won't be a thing happen, mother, so don't make a worry for yourself till it does."

Success.

Life is indelible—a bundle of con traditions. We men, with our ideas strive to give it a particular shape by melting it into a particular mold—into the definiteness of success. All the world contemplates, from Alexander down to the American millionaires, mold themselves into a sword or mini me, thus find that distinct image of themselves which is the source of their success.—Rabindranath Tagore.

Flare Blotch.

If an old man is introduced and wood door creaks away apply a solution of two ounces of salicylic acid dissolved in 14 1/2 ounces of water to wet it well all over. Let stand fifteen or twenty minutes, then place in cold water and wash with soap and suds as usual.

BEFORE DAY OF GUNPOWDER

Soldiers Were Capable of Doing Considerable Execution With the Bow and Arrow.

The first "gun" used in warfare was undoubtedly the crossbow—archaic—of the type having a reflex composite bow made of wood, sinew, horn or whalebone, and wound up with a ratchet or "cranequin," which slipped on over the stock and was held in place by a loop controlled by a transverse peg in the stock just behind the lock.

This weapon reached its highest development in Germany under Maximilian, when it had a steel bow of immense power. There is one in the Boston museum with a bow of over two and one-half inches wide and nearly three-fourths of an inch thick. In central Europe, France and Spain the bow was not used much save by the people who came under Mohammedan influence. The cross-bow being a much easier weapon to use, it was forbidden in England to anyone not having a certain income. In order that the yeoman and common people should be forced to use the long bow, which in military purposes was vastly superior on account of the rapidity of its fire, although outmanned by the crossbow. It had one great advantage of lightness. A military crossbow with windlass weighs about 20 pounds.

REVOLUTION IN OLD EGYPT

Records Tell of Uprising Which Eventually Ended Unhappily for the Rebellious Citizens.

A recently deciphered papyrus shows a pretty revolutionary spirit among the Egyptians in the year 2000 B. C., or nearly 4,000 years before the French thought of an upheaval. The period is between the old and the middle kingdom, and an Egyptian sage plaintively invites the king to save his people by telling him of the conditions of the country. He tells him that "that is past which yesterday could be seen. The land turns like a potter's wheel. The noble cry out and the poor are full of joy. Each town says, 'Let us drive the strong from without our midst.' Those who were clothes are now in rags. Noble women trail through the land, and housewives say, 'Had we only something to eat.' The poor possess lordly things, and those who could buy themselves no sandals now have treasure. The people have dehonored the king and persecuted his officials." That the revolution was a success seems hardly to have been the case, for the papyrus goes on to say that laughter has gone; misery is in the land; big and small say, "If only I were dead."

Up a Tree.

While in Africa recently Mr. A. S. Le Souef, director of the Taronga zoo (Sydney), saw plenty of elephants, which were destructive to the crops put in by the natives of the Uganda country. He also observed the body of a small antelope about 14 feet up a tree. The carcass of the antelope had been put in this position for safe keeping by leopards. "These members of the cat family are hand- some, and extremely active," says Mr. Le Souef. "They play about in clear places in the forest, rear up the ground, and spring far up the trees. They are most active, but they do not readily attack humanity, unless it be a child at evening, and they are hungry. The beauty of their fur makes them desirable for a zoo and for rugs, but the number that may be killed is limited. I saw the beautiful Colobus monkey, which, in spite of its striking black-and-white coloring, was difficult to observe among the juniper trees from whose branches hung long pieces of lichen."

No Man's Here to His Wife.

While the fire that destroyed the four-story Stillman department store in Muncie recently was at its height an excited woman called police headquarters, saying that her husband, a workman, was supposed to be repairing the roof on the Stillman building and she feared he might have perished in the flames. A policeman who investigated found that the man in question not only had escaped but had helped to save a woman clerk who was in danger. The officer informed the wife of this, thinking she would not only be relieved but proud of the husband. Instead she snapped back: "What was my husband doing on the roof with a woman?"—Indianapolis News.

Length of Life Extended.

In 1848-50, 25,000,000 deaths from the plague or "black death" occurred, which was one-fourth of the entire population of the world at that time. The average length of life in the sixteenth century was only 21 years, while in this, the twentieth century, the average life is forty-five years. In India, however, the average life today is only twenty-four years. We are enabled to see what the science of medicine is accomplishing in more civilized countries, where ignorance and superstition do not prevail to any great extent.

Precocious Youth.

Mary and Ruth were discussing plans for playing house and Mary said, "I'll be the mother and you be my little girl." "No," said Ruth, "I want to be the father." "Oh," said Mary, "let's play we've got plenty of money, and then we won't need a father."

The Lilac Tree.

The lilac is perhaps, all things considered, the most splendid of flowering trees. Everybody is familiar with its fragrance. The tree belongs to the olive family and is closely allied to the common privet, but it bears no fleshy fruit and is valueless except for the splendor of its blossoms.

Optimistic Thought.

Titles worn by the sweat of the brain may be worn without a blush.

DOING THEIR DUTY

Scores of Alma Readers are Learning the Duty of the Kidneys.

To filter the blood is the kidneys' duty. When they fail to do this the kidneys are weak.

Backache and other kidney ills may follow.

Help the kidneys do their work.

Use Doan's Kidney Pills—the tested kidney remedy.

Proof of their merit in the following:

Mrs. George Wingett, St. John St., Ithaca, Mich., says: "I was bothered by backache. Sometimes the attacks were so bad I couldn't lie still at night and there was a pain across my kidneys, too. Doan's Kidney Pills were recommended to me and I used them. Doan's soon removed the pains. Another of the family was bothered by backache and weak kidneys. In his case Doan's Kidney Pills also gave prompt relief."

Price 60c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Wingett had. Foster-Milburn Co., Mfrs., Buffalo, N. Y.—adv. 72

LARD

SPECIALS FOR SATURDAY

Pure home made lard, per lb.	27c
Cota Suet, per lb.	27c
Salt Pork, per lb.	20c
Picnic Hams, per lb.	19c
Home Cured Bacon Chunks, per lb.	25c
Fancy Back Bacon Chunks, per lb.	30c
Smoked Hams, whole or half, per lb.	33c
Brick Cheese, whole brick, per lb.	37c
Fancy Cream Cheese, per lb.	38c
Choice Sour Kraut, per quart	15c
Pure Horse Radish, per bottle	10c

Brewer's Cash Market

Union delivery.

Phone 44

ANNOUNCEMENT

Department of Music
 Alma College

SECOND SEMESTER

VOICE—

One thirty-minute lesson a week per semester	\$25.00
Two thirty-minute lessons a week per semester	45.00
Three thirty-minute lessons a week per semester	60.00

Professor Clifford F. Royer.

PIANO AND PIPE ORGAN—

One thirty-minute lesson a week per semester	\$21.00
Two thirty-minute lessons a week per semester	36.00

Miss Grace D. Roberts.

PIANO—

One thirty-minute lesson a week per semester	\$14.00
Two thirty-minute lessons a week per semester	26.00

Miss Hazeldean Crosby.

THEORETIC SUBJECTS—

One or two hours a week per semester	\$ 8.00
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NOTE—Miss Crosby gives special attention to work with children. Prof. Royer, Director of the Department, will be glad to confer with any one concerning courses offered and to "try out" voices, free of charge.

Phone, Alma College, 231-2 Rings

FURNITURE
and
UNDERTAKING

Give your wife
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 for her
 Valentine.

Mrs. Homelover:

Why not give your wife a real Valentine this year? She would just love to have a nice piece of Furniture or a new Rug for her home. You and the children will also enjoy it.

Send your wife to our store and let her buy what she really wants to beautify her home and your home. We have the goods. Our QUALITY is always HIGH; our PRICE is always LOW.

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